



JACKSON WINK MMA ACADEMY CLASS SCHEDULE FOR 18 YEARS OLD +

(OPEN 24/7 GYM ACCESS TO ALL THE MEMBERS OVER 18 YEARS OLD)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY												
EARLY DAY SESSIONS		STRENGTH & CONDITIONING GENERAL PUBLIC		STRENGTH & CONDITIONING GENERAL PUBLIC		STRENGTH & CONDITIONING GENERAL PUBLIC		STRENGTH & CONDITIONING GENERAL PUBLIC		OUTSIDE CONDITIONING														
		18 YEARS OLD + 7:00AM - 8:30AM COMING SOON		18 YEARS OLD + 7:00AM - 8:30AM COMING SOON		18 YEARS OLD + 7:00AM - 8:30AM COMING SOON		18 YEARS OLD + 7:00AM - 8:30AM COMING SOON		18 YEARS OLD + 7:00AM - 8:30AM COMING SOON		ALL TEAM... ALL HANDS ON DECK!												
		CARDIO KICKBOXING GENERAL PUBLIC		CARDIO KICKBOXING GENERAL PUBLIC		CARDIO KICKBOXING GENERAL PUBLIC		CARDIO KICKBOXING GENERAL PUBLIC		CARDIO KICKBOXING GENERAL PUBLIC		ALL LEVELS, ALL PROGRAMS, AND ALL AGES with COACH JACKSON and ASSISTANT COACHES												
		18 + YEARS OLD 9:30AM - 10:30AM COMING SOON		18 + YEARS OLD 9:30AM - 10:30AM COMING SOON		18 + YEARS OLD 9:30AM - 10:30AM COMING SOON		18 + YEARS OLD 9:30AM - 10:30AM COMING SOON		18 + YEARS OLD 9:30AM - 10:30AM COMING SOON		10:00AM - TBD												
		FIGHT CONDITIONING Coach Jackson		PRO SPARRING Coach Wink (B)		PRO WRESTLING Coach Villasenor		PRO SPARRING Coach Jackson (M)		WALL/MMA LIVE WRESTLING Coach Jackson (M)		MOUNTAINS, DUNES, HILL OF TEARS, FOOT HILLS, LA LUZ TRAIL, AND OTHER LOCATIONS!												
		PRO / AMMY 10:00AM - 10:45AM		155LB - HWY 10:30AM - 11:15AM		PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS		155LB - HWY 10:30AM - 11:15AM		PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS		LOCATION TO BE DETERMINED AND ANNOUNCED IN ADVANCE.												
		WRESTLING DRILLS Coach Lujan (M)		154LB - 125LB 11:15AM - 12:00PM		11:00AM - 12:30PM		154LB - 125LB 11:15AM - 12:00PM		12:00PM - 1:00PM		COMING SOON !!!												
		PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS 11:00AM - 11:45AM		AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (B)		AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (M)		AMMY/PRO 12:00PM - 1:00PM		AMMY/PRO 12:00PM - 1:00PM														
		GROUND 'N POUND MMA FUNDAMENTALS Coach Villasenor (M)		PRO / AMMY 12:00PM - 1:00PM		AMMY/PRO 12:00PM - 1:00PM		AMMY/PRO 12:00PM - 1:00PM		AMMY/PRO 12:00PM - 1:00PM														
		INVITE ONLY DRILLS & STRATEGY CLASS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMMY FIGHTERS																						
MID DAY SESSIONS		Coach Wink INVITE ONLY DRILLS 3:00PM - 3:45PM All Weights		Coach Jackson INVITE ONLY DRILLS 3:00PM - 3:30PM All Weights		Coach Wink INVITE ONLY DRILLS 3:00PM - 3:45PM All Weights		Coach Jackson STRATEGY CLASS 2:30PM - 3:00PM INVITE ONLY DRILLS 3:00PM - 3:30PM		PRO / AMMY 1:00PM - 1:45PM														
		GRAPPLING FOR MMA Coach Jackson																						
		PRO / ADVANCED AMMY 3:30PM - 4:30PM		PRO / AMMY ALL LEVELS 4:00PM - 4:45PM		PRO / ADVANCED AMMY 3:30PM - 4:30PM																		
		STRIKING (STAND UP FOR MMA) Coach Cruz (M/B)																						
EVENING SESSIONS		PRO / AMMY ALL LEVELS 5:00PM - 6:00PM		PRO / AMMY ALL LEVELS 5:00PM - 6:00PM		STRIKING (STAND UP FOR MMA) Coach Villasenor (B)																		
		JW'S JIU-JITSU JUDO FUSION (JJF) (EVERYONE WELCOME)																						
		JIU-JITSU 5:00PM - 6:00PM		JUDO 5:00PM - 6:00PM		JIU-JITSU 5:00PM - 6:00PM		JUDO 5:00PM - 6:00PM		JIU-JITSU 5:00PM - 6:00PM														
		AMATEUR MMA PROGRAM (ADVANCED THROUGH BEGINNER)																						
SUNDAY		GRAPPLING ALL LEVELS 6:30PM - 7:30PM		STRIKING ALL LEVELS 6:30PM - 7:30PM		GRAPPLING ALL LEVELS 6:30PM - 7:30PM		STRIKING ALL LEVELS 6:30PM - 7:30PM		GRAPPLING ALL LEVELS 6:30PM - 7:30PM														

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PRO MMA PROGRAM

AMMY FIGHTERS WELCOME

AMMY MMA PROGRAM

PRO FIGHTERS WELCOME

GENERAL PUBLIC

EVERYONE WELCOME

JW'S JIU-JITSU JUDO FUSION

EVERYONE WELCOME

GLOVES REQUIREMENT FOR STAND UP TRAINING

- * B - 16OZ BOXING GLOVES
- B - 14OZ BOXING GLOVES FOR FEMALES
- F M - MMA SPARRING GLOVES
- 7OZ BOXING GLOVES FOR KIDS

**REQUIRED GEAR FOR STRIKING
SPARRING OR DRILLING CLASSES:**
BOXING/MMA SPARRING
GLOVES, SHIN GUARDS, GROIN
PROTECTION (MALES), MOUTH
GUARD, KNEE AND ELBOW
PADS, HEADGEAR (OPTIONAL)

**WE HAVE ALL THE GEAR PACKAGES
AVAILABLE FOR SALE WITH
DISCOUNTED PRICES FOR
NEW MEMBERS.**

**FITNESS WORKOUT AREA IS
AVAILABLE ON PREMISES.**

**PRIVATE SESSIONS AVAILABLE FOR
GENERAL PUBLIC.**

**DUE TO POPULAR DEMAND
ALL SALES ARE FINAL.
NO REFUNDS**